

CHILD PSYCHODRAMA WARM-UP GAMES – AN IMPROV DRAMA FOCUS

– workshop –

Usually psychodrama sessions have an initial phase where we play warm-up games with the group. Adults and adolescents usually arrive to the sessions with some resistance and the goal with them is to facilitate a certain amount of self-disclosure for the latter phase. In comparison smaller children tend to arrive to sessions with such zeal, that we have to help them to be able to pay attention to each other first, to be able to play well together later.

We play various games, which now I call warm-ups (despite knowing that some of them actually cools...). These games have different goals. We have to get to know each other. Also we have to dissolve some resistance, warm up physically and vocally, enjoy ourselves and a lot more. Psychodrama with children does not only work with psychodrama-esque games. We can take a lot from other therapeutic methods, like art therapy, music therapy. And we can use improvisation drama games.

Improvisation drama uses a similar approach in warming up as psychodrama. You have to slacken a bit, so you can be a bit closer to your creative self. Doing it while paying attention to each other and having fun.

In my workshop I want to think collectively about warm-up games in general and also try some games I learned from improv and sometimes use in drama groups with adolescents. So if you honour my workshop with your presence, get ready for games which involve some movement (and hopefully fun).



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This is only my 4th year to lead child psychodrama groups and my 3rd year practicing as a psychologist, but I also lead an improv-drama group for adolescents for the majority of the last seven years.

I'm someone who has been always fascinated by all kind of games – from sports through board games to drama – and not so long ago started a project which tries to collect child psychodrama warm-up games. That would be the focus point of my workshop.